



Sweet home Manitoba

Singer Del Barber's love of home shines through on the heartfelt tunes from his third album, *Headwaters* PAGE 9

LITTLE LIBRARY ON A YARD POST

WINNIPEG'S NEWEST LIBRARY IS TINY
IN SIZE — BUT BIG ON COMMUNITY PAGE 4



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FINISH WITH A SMILE

PAGE 18

A beaming Clara Hughes gives it her all during the final metres of the women's cycling time trial on Wednesday. The five-time Olympic medal-winning athlete from Winnipeg fought her way to a fifth-place finish in the last race of her Olympic career. FRANK GUNN/THE CANADIAN PRESS

Will her rivals be treated to a swimming lesson?



• Couldn't wake up before sunrise to watch Brent Hayden at the 50-metre freestyle heats this morning? Don't fret: Check out more swim action as Canada's Martha McCabe competes in today's 200-metre breaststroke final at 1:30 p.m. CT on CTV

• Metro rounds up three other can't-miss events, so you won't stare blankly at co-workers when they start in on the Games chatter PAGE 18

• Faster, higher, stronger: Visit metronews.ca/olympics for daily galleries of the best Olympic moments



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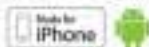
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Kildonan Park pavilion renovations shaping up

New look. \$2M in updates underway until Nov. 30; changes to include a new elevator and roof

LAUREN PARSONS
winipeg@metronews.ca

Doreen Hussey and her husband, Vic, go for walks at Kildonan Park every morning. They usually stop in at the chief Peguis Pavilion for a cup of coffee, or to grab some lunch, but the pavilion is currently being renovated.

"We always go in there and grab a coffee. We have a lot of friends that we see around the park and it's nice to sit and catch up with them after the walk," said Hussey.

The pavilion is undergoing a complete refurbishment for the first time since it was built in the 1960s. This includes new heating and air conditioning, public washrooms on the main floor and basement, a

new family washroom, a new elevator, and a new roof.

There will also be a refurbished kitchen and restaurant, something Hussey says will make a lot of seniors happy.

"I really hope they put in a nice restaurant there," she said. "There's not a lot of good restaurants in the North End, most things out here ... disappear."

A spokesperson from the city said that no restaurant operator has been confirmed, and the city is issuing a request for proposals in the next few weeks.

"The goal is to find someone capable of providing basic restaurant services as well as full-course quality meals for daily dining and banquets," she said. "It could be a small owner or a large chain restaurant, if they meet our requirements."

Renovations on the pavilion are expected to be complete by Nov. 30 with an estimated cost of \$2 million. Landscaping around the pavilion, including pond renovations, is expected to begin in spring 2013.



Renovations on the pavilion are expected to be done by the end of November. LAUREN PARSONS/FOR METRO

Mr. Jetz TV arrested on child porn, prostitution charges



Darrel Erwin Ackman (Mr. Jetz TV) has been arrested. YOUTUBE SCREENSHOT

The Winnipeg man who dubbed himself Mr. Jetz TV and gained notoriety by posting videos of often scantily clad and seemingly intoxicated young women online has been arrested for allegedly making pornographic videos with girls as young as 14.

Darrell Erwin Ackman, 43, is facing three counts of living on the avails of prostitution, two counts of sexual assault, two counts of sexual interference, a charge of making, printing, and publishing child pornography, possessing child pornography and invitation to sexual touching.

ual touching.

"These children are certainly preyed upon and taken advantage of, and exploited," said Insp. Gord Perrier at a press conference Wednesday. "This activity is definitely illegal, and sex with children is wrong."

Police first charged Ackman with living off the avails of prostitution on July 23 for allegedly pimping underage girls through an escort service.

The additional charges, including making child porn and sexual assault were added Tuesday, following a raid

at a Winnipeg home.

"We do have specific evidence that indicates that these videos were made for the purposes of being sold," said Perrier, who couldn't say whether they'd been posted online.

None of the charges have been proved in court.

Police have had Ackman on their radar for around two years, when posters promoting his Mr. Jetz TV YouTube channel began popping up around town, but got a break when an investigation that started last November identified four 14-year-old victims.

Police said they're also looking for an additional eight possible victims or witnesses — all under 18 — to come forward, and say more charges are likely.

"It's brave of these children to stand up and say 'This is what's happened to me,'" said Perrier.

Ackman also faces prostitution related charges in Florida.

Police continue to investigate and possible victims, witnesses, or else anyone with information are asked to call the Vice Unit at 986-3464. SHANE GIBSON/METRO

Mobile news



Victory is sweet, but along that road an athlete has got to endure a bit of pain. Scan the code to view some cringe-worthy moments from the Olympics.

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Hoax. Man charged after Hercules airplane, crews sent out to fake SOS call

A Manitoba man is facing charges after he drunkenly sent out a fake distress call, leading to emergency personnel sending out rescue craft, including a Hercules airplane.

Gimli RCMP said the man was on a boat near Winnipeg Beach Harbour Tuesday night around 10 p.m. when he sent out a distress call, saying a boat carrying 16 people had capsized, with 13 of them in the water.

RCMP, the Canadian Coast Guard, local emergency services and a Hercules transport plane from 17 Wing in Winnipeg were all sent to the scene.

The Coast Guard found the boat — with one man aboard, and it was determined to be a hoax.

Alcohol was involved, added RCMP.

The 36-year-old man from Matlock, Man., faces numerous charges.

METRO

Request. Residents want no-parking signs put up at 'dangerous' intersection

Fort Richmond residents say the intersection at Pasadena Avenue and Laval Road is dangerous, and they want to see no-parking signs installed to prevent a future accident.

"You can't see around the corner — it's bound for an accident," said Calvin Patrick, who has contacted the city in hopes of making it illegal for cars to park at the corners, so people turning can see what they are heading into.

"It gets worse when the snow hits," said Patrick.

"They don't sand the streets around here, and people who might be in a rush to get to school or work, come down the street pretty fast, and there's just no way to see them."

A city spokesperson said that a service request for the corner was received last fall, but it was determined that there is nothing unusual about parking at the intersection. The city is in the process of addressing the next request. **LAUREN PARSONS/FOR METRO**

Winnipeg's Little Free Library is right in their front yard

Free books. St. James family starts chapter of free library right outside their home



SHANE GIBSON
shane.gibson@metronews.ca

Winnipeg's newest library might be little, but it's filled with heart.

Well, that, and books, of course.

Manitoba's first registered Little Free Library — a movement of miniature libraries built by private citizens as free drop-off and pick-up points for literature — has sprung up in St. James.

"It's to promote literacy and reading amongst children," explained Charlene Roziere, who, along with her husband Jess McMahon, built a chapter in their front yard on Mandeville Street at the end of June.

"We just really love reading and we thought it would be a great way to build community."

Up for grabs

The library offers both adult fiction and non-fiction. Roziere noted fiction is moving "a lot more briskly" than non-fiction so far.

The brightly-painted red-and-white wooden library sits on a post next to the sidewalk and has room for about 75 books.

It's waterproof, has a bell for kids to ring, and even sports a light for late-night page-turners.

Roziere stocks books for children, teens and adults — and if people sometimes forget to return their selections, she understands.

"You can't steal a free book," she laughed, noting more than 30 books have been dropped off since she set up less than a month ago. "The selection is already changing."

The idea began in 2009 in Wisconsin and has since spread around the world. Winnipeg's chapter is number 1849.



Charlene Roziere and her two kids, Patrick, 7, and Avery, 3, have enjoyed meeting people at the Little Free Library they set up in their front yard last month. **SHANE GIBSON/METRO**

Reynolds

Train crashes into abandoned truck

A train smashed into a truck that was abandoned on the tracks in the rural municipality of Reynolds Tuesday night.

Nobody was injured in the incident.

Lac du Bonnet and

Beausejour RCMP said they located the owner of the dark red 1996 GMC 1500 pickup truck, and determined the truck was stolen from a yard sometime before the crash.

RCMP continue to investigate.

Anyone with information to call RCMP Lac du Bonnet at 204-345-6311.

METRO

Health warning

Two test positive for West Nile virus

Two Winnipeggers have tested positive for West Nile Virus (WNV) after donating blood on July 26 and 27.

One of the individuals reported mild symptoms, and the other had no symptoms. Both of the individ-

uals are in their 40s and live in the Winnipeg region.

Manitoba Health is reporting a high-risk exposure to WNV throughout southern Manitoba.

Manitobans are urged to take extra precautions to preventing mosquito bites.

For more information, visit the province's West Nile virus website at gov.mb.ca/health/wnv. **METRO**

YOUNG GOLF DYNAMO DREAMS OF GOING PRO



ABOVE-AVERAGE JOE
Kerri Salki

Meet Zach Gauvin: "Helpful, friendly and awesome" are how people describe Zach. This 15-year-old dynamo

is a Grade 10 student at École Jeanne-Sauve. In the summer he keeps busy by working at a golf course. He loves golf, and his dream is to be a pro! In the winter, he referees hockey. His favourite teams are the Blackhawk — and the Jets, of course! No pets for Zach, though, as they make him sneeze.



Born in: Winnipeg.

Occupation: Back-shop worker at St. Boniface Golf Club.

Dream job: To be a golf pro like Geoff Kehler!

Favourite season: That's a tough one, but maybe summer.

Favourite time of the day: 8 a.m. For some reason I love the silence.

What would your last meal be? Homemade pizza or a steak sandwich.

What are you listening to? Somebody That I Used To Know (Gotye)

Star name (pet + street): Brandy Pately

Celebrity crush: Kaley Cuoco from Big Bang Theory!

Pet Peeve: When I'm charged 99 cents at a store instead of \$1. I don't care for the one penny!

Just because they're not famous, doesn't mean they're not a somebody. If you know an Above Average Joe that you think needs recognition, e-mail me at kerri.salki@102clearfm.rogers.com.

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Full-speed ahead. CWB steps into future with major grain-handling deal

The revamped Canadian Wheat Board is starting the first day of the new crop year with a grain-handling deal with one of the country's largest agribusinesses.

Winnipeg-based Richardson International says it will accept grain deliveries from farmers with wheat board contracts at all its locations in Western Canada.

Canadian Wheat Board President Ian White says the agreement will serve prairie grain farmers who want the benefits of his agency's pool prices.

"We congratulate Richardson for helping ensure the profitability of farmers and the western Canadian grain industry as we forge ahead into a new marketing era," he said in a news release Wednesday.

Federal legislation is now in effect that takes away the wheat board's monopoly on western wheat and barley sales. That means western farmers can sell their grain to whomever they choose, whenever they choose.

It also means the board, which does not own any of its own terminals, must sign contracts with companies that can handle farmers' grain.

White says the wheat

Crop delivery

170

The wheat board currently has more than 170 locations across Western Canada where crops can be delivered, according to Canadian Wheat Board president Ian White.

board now has more than 170 locations across the West where producers can deliver their crops.

The Conservative government was celebrating what it hails as marketing freedom day for western-Canadian farmers. Prime Minister Stephen Harper and Agriculture Minister Gerry Ritz were to appear at a farm near Kindersley, Sask., to mark the occasion.

But New Democrat MP Pat Martin has said the Conservatives are gloating about killing what he calls the most successful grain marketing company in the world.

Liberal Ralph Goodale, the minister responsible for the wheat board when his party was in power, suggests an independent organization should monitor what happens in the marketplace to see if farmers are better or worse off with the new move.

THE CANADIAN PRESS

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Kudos. Metro, Star proud of Pan Am Games mission

Metro News and Star Media Group are proud to announce we have been named as the official Print and Online Media Supplier for the 2015 Pan American and Parapan American Games in Toronto.

"We are excited about this remarkable opportunity," said Metro English Canada President Bill McDonald.

"And we're looking forward to providing Metro readers with the Games highlights, features, personality profiles and more — delivered with the urban attitude our readers expect."

Toronto Star Publisher and Star Media Group President John Cruickshank said: "Our goal is to provide Canadians from coast to coast with comprehensive, balanced news and in-depth information about the Games

through the Toronto Star and our Metro newspapers in Toronto, Vancouver, Edmonton, Calgary, Saskatoon, Regina, Winnipeg, London, Ottawa and Halifax."

The Pan American Games, one of the world's largest multi-sport events, is held every four years for athletes of the Pan American Sports Organization's 41 member states.

Featuring 48 sports, including all Olympic Summer Games events, the Games will draw more than 10,000 athletes and officials to Toronto and the Greater Golden Horseshoe area.

The 2015 Games will run from July 10-26, followed by the Parapan American Games on Aug. 7-14. For more information, visit Toronto2015.org. **METRO**



Pan Am flashback: Canada's hoop and ribbon team rejoice after winning a silver medal at the 2011 Games in Mexico. NATHAN DENETTE/THE CANADIAN PRESS

Needle found

Spiked sandwich jolts Air Canada

A "full investigation" is underway at Air Canada after a passenger found what appeared to be a sewing needle in a catered sandwich aboard a flight from Victoria to Toronto.

Airline spokesperson Peter Fitzpatrick says Air

Canada is working closely with its caterers to ensure heightened security measures are in place.

Meanwhile, a spokesperson for Dutch police investigating how needles got into six turkey sandwiches on Delta Air Lines flights from Amsterdam to U.S. cities last month says it's too early to tell whether there's any connection with the Air Canada incident.

THE CANADIAN PRESS

Women's 'hairy legs' add kick to a lawsuit

G20 case. Group sues police for \$1.4 million, alleging sex-based discrimination, false arrest, battery — and profiling by officer

A woman suing Toronto police over her arrest during the G20 summit two years ago said it's not just about "hairy legs" — a description applied to female protesters by the arresting officer.

It's more about sex-based discrimination, said Alicia Ridge, 27.

Ridge is part of a group of seven people from Hamilton who sued Toronto police for \$1.4 million Wednesday over their arrests during the 2010 summit, claiming false arrest, battery and malicious prosecution.

The women in the group claim they were profiled by an officer who wrote in his arrest notes that all the women had hairy legs — something he said he associated with G20 protesters.

Ridge, who is a nurse and studying to become a midwife, and also volunteers with a sexual assault centre, said the lawsuit was prompted by allegations beyond the "hairy legs" comment.

"My arresting officer, who was male, decided to do an initial search of my body, which was just basically running his hand up the side of my leg and grabbing my ass, along with sexualized comments



Alicia Ridge, middle, studies a Metro Toronto story about the lawsuit on Wednesday. RICK MADONIK/TORSTAR NEWS SERVICE

and comments that were put out there to create fear," Ridge said Wednesday after serving the lawsuit at police headquarters.

None of the claims has been proven or tested in court. The Toronto Police Services Board was not immediately available to comment on the lawsuit.

The group alleges the police wrongfully arrested them on June 27, 2010 — a day after vandals went on a rampage in downtown Toronto — as they emerged from a pizza parlour. **THE CANADIAN PRESS**

How to spot a protester: Officer explains

A provincial police watchdog, the Ontario Independent Police Review Director, investigated and found the complaint "substantiated."

- **The officer.** The watchdog's report found Const. James Ure wrote that "all parties appear to be protesters ... and females all have hairy legs."
- **His arrest notes.** The officer

told investigators he jotted down the "hairy legs" note as a general observation, calling unshaven female legs "one indicator that I associated with protesters down at the G20 that weekend."

- **The police.** A police spokesperson was not immediately able to say whether any action had been taken against the officer.

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WHAT MAY SEEM FOREIGN TO YOU IS REALLY JUST NICKELBACK



HE SAYS...
John Mazerolle
metronews.ca/hesays

I never worry when I go on long trips, because I know my father will do the worrying for me. As my upcoming camping trip to Scandinavia approaches, I can be assured of such nuggets

of wisdom as "It will be cold/expensive/non-English there, you know."

These things aren't said with any xenophobia on Dad's part. It's more a presumption that I'm an idiot — which is fair.

My father, after all, spent a good portion of his life watching me putting shirts on inside out, placing metal-rimmed objects in the microwave and leaving ice cream out to melt, and that was just my 20s.

It doesn't help that the first time I ever went on a big solo trip — a cross-Canada train journey — I spent the final five minutes before departure reassuring Dad I'd be fine, then marched out of the station with conviction. Without a train ticket, but with conviction.

Here, then, are my travel tips to help put Dad's mind at ease while simultaneously enlightening my readers. Also to fill the space between the ads and pick up a paycheck. You're welcome.

- Don't get so caught up in overseas preparations that you forget to **tie up loose ends here**. I've been pre-spoiling food and killing my plants so that I don't have to worry when I'm gone.
- If your **passport** is blank, be sure to write in a few countries yourself so you don't seem lame.
- **Burglars** want inside your home while you're gone, so make sure the interior helps you come off well. Leave what appear to be the notes of an epic, unfinished manuscript on a table, or write a complicated-looking mathematical formula on the wall. If you're worried about **security**, a cardboard silhouette "pacing in the window" on a model train set has never failed anybody.
- If you have **children**, remember to leave them at home.
- Carry some **emergency cash** in a "neck wallet" under your clothes. This works because no criminal has ever seen one before and won't think to take the big pouch on your torso that appears to be filled with money.
- Take things slow and befriend the locals. You can't get to know a country by just whipping through it without stopping for breath. I prefer to understand how a place's previous decades and even centuries of history has impacted the current psyche of the people in a time of economic uncertainty, and that takes three days.
- Many people are intimidated by new places, but be confident and remember that millions of people already live in the country you're heading to, and they survive despite rampant idiocy, which is a worldwide condition. A good friend of mine visited me once when I was living in Vienna and — in his first exposure to centuries-old Austrian culture — saw a bar full of drunks belt out Nickelback tunes. If those people can survive, so can you.
- Finally, call your Dad. Better yet, call my Dad. It might help him relax.



If you're not a good traveller, at least look good while you're doing it. ISTOCK

Hang on, the mayor's stuck

Losing momentum

Politician left hanging on a wire

Boris Johnson, the mayor of London, dangled in mid air above the crowds at an open-air viewing site at east London's Victoria Park on Wednesday.

A publicity stunt at a public viewing area for the Olympic Games went awry leaving Johnson stranded some five metres off the ground.

The mayor was left clutching his Union Jacks for roughly five minutes before rescuers came to help him down.

THE ASSOCIATED PRESS

Proud moment

"If any other politician anywhere in the world was stuck on a zip wire it would be a disaster. For Boris, it's an absolute triumph."

U.K. Prime Minister David Cameron

Flying high

No gold-medal finish for Boris

Staff at the park eventually pulled him to safety with a rope.

"Fortunately, the mayor survived his first zip wire experience," a statement from his office said.

"Clearly the judges are likely to mark him down for artistic interpretation, and unlike Team G.B., he won't be bagging any gold medals today but he remains unbowed," it added. THE ASSOCIATED PRESS



LEE MEDCALF/THE ASSOCIATED PRESS



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Are you holding off on buying a new phone in anticipation of the iPhone 5?

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25%
YES — IPHONE UPGRADES ARE ALWAYS MUST-HAVES

Twitter

@WpgVargs:

Looking fwd to coming back to Wpg, greeted by a 50km speed limit, potholes, construction, and a couple of red lights. #ItsHome

they're just not about that life. Don't blame the city for your fear of fun!

@AlexBrink10:

Let's get another sellout Friday night Bomber fans!! Last week was crazy loud! #GoBlue #CFL

@arynne:

#winnipeg buses' rear doors have a way of making me feel like a real idiot. feel and look.

@LocalAdvancers:

People that say "Winnipeg is boring" know deep down that

@tskomro:

Hughes didn't get a medal, but is still an outstanding athlete. #GOCANADAGO



Winnipeg singer-songwriter Del Barber plays the Icelandic Festival of Manitoba this Sunday. COURTESY MARK MARYANOVICH

Manitoba as wife, the road as mistress

Headwaters. Singer-songwriter's third album explores the urban/rural divide and letting your dreams go



BACKSTAGE PASS
Jared Story
winipeg@metronews.ca

Independent alt-country artist Del Barber sheds his solitary man status on *Headwaters*. Released in May on Six Shooter Records, the Winnipeg singer-songwriter's third studio album features seasoned session musicians

and Maine-based producer Sam Kassirer.

"Sam produced the last couple Josh Ritter records and I was pretty into the sound of those records," says Barber, 28.

"I wanted to make a more alternative sounding record and I wanted to work with a producer who would take the reins on the project and have strong opinions about things sonically. My opinions are really strong about songs but not so much about sound."

Sound-wise, *Headwaters* is musically moodier than 2010's Juno-nominated album *Love Songs for the Last 20*. Despite paying more attention to production,

nothing was lost in the storytelling department. *The Waitress*, for instance, concerns a small town girl who moves to the city and works at an all-night diner. The song is about the server accepting her lot in life.

"I think everyone at a certain point stops being completely idealistic about their dreams or what they thought they wanted from life," Barber says.

"The subject matter I always write about is the urban/rural divide. A lot of my friends have moved from their small towns and then waxed nostalgic. They try to go back but there's no work. In this case it was something else that made

her stay away from home — she became too good at serving to quit and do anything else. It made her stuck, but at a certain point she got past feeling stuck and is at peace with working the night shift."

City or country, Barber is preoccupied with place, particularly this province. *Love Songs* featured Home to Manitoba while *Headwaters* closes with *Soul of the Land That's Mine*. His love for home is so strong that when Barber hits the road, he feels a little guilty.

"I have a feeling of infidelity with Manitoba," Barber says.

"It's like I have this beautiful wife but to live

Show time

- Del Barber. Plays the Icelandic Festival of Manitoba in Gimli on Sunday. Show time is 6:30 p.m. See icelandicfestival.com for more info.

I have to cheat on her. My M.O. is to see the good in other places. That being said, I'm just a tourist, I'm not looking for anywhere else to live. Still, it's hard when you're always around people who are extending grace and charity. It makes it seem like life is easier everywhere else."

2 SCENE

On the Web



The Who fans disappointed by '79 show cancellation trade in tickets for concert 33 years later



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The raunchy side of comedy

With the critically acclaimed and thoroughly inappropriate Danish comedy *Klown* opening in select North American markets, it's time to look at some other comedies that left people shocked and shaking their heads.

THE ASSOCIATED PRESS

Shot with the stripped-down esthetic that's a big part of the country's cinematic output, *Klown* feels like a *Dogma* 95 version of *The Hangover*, complete with pictures to remind these guys of what they've done.

The film is about a guy who's stunned to find out his girlfriend is pregnant, but to prove he's capable of being a father, he kinda-sorta kidnaps his tubby 12-year-old nephew and brings him along on a debauched weekend canoe trip with his party-boy best pal.

But the matter-of-fact way in which these flat-out wrong adventures are depicted gives the film its own distinctive, riotous tone.

And it gives us an opportunity to look back at other great movies that famously pushed the boundaries of taste.



Harold and Maude (1971)

He's young and in love with death. She's old and about to die. Why shouldn't they fall in love? It's icky on paper, certainly, but Hal Ashby's dark comedy has achieved cult-classic status over the years, and justifiably so. Bud Cort and Ruth Gordon are strangely adorable together as the mismatched couple.



Blazing Saddles (1974)

Bad taste is Mel Brooks' bread and butter. His Western spoof takes place in a small town that's about to be demolished by the development of the railroad. The crooks who run the place appoint the first black sheriff in hopes that the locals will revolt.



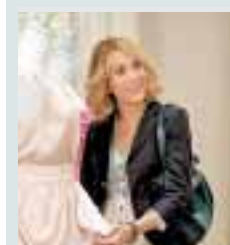
Bad Santa (2003)

Billy Bob Thornton plays it completely straight in Terry Zwigoff's dark comedy as Willie, a part-time department store Santa Claus and full-time alcoholic con man. He's such a miserable, unlikable figure, it feels as if Thornton is playing him in a drama — and that's what makes the film so funny.



Team America: World Police (2004)

Two words: puppet sex; marionette mashing so hot, it nearly earned the movie an NC-17 rating. South Park creators Trey Parker and Matt Stone spare nobody and nothing in their skewering of Hollywood and politics.



Bridesmaids (2011)

The sink-pooping scene alone would earn this movie a spot on any list of the raunchiest movies. But what many viewers admire so much about *Bridesmaids* is that it takes a specifically male-dominated genre — the gross-out comedy — and injects it with female insights without compromising on the laughs.

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It's not déjà vu, memory plots are all too common

Total Recall. Sci-fi remake reminds that amnesia as a starting point isn't all that original — or, if you will, memorable



IN
FOCUS
Richard Crouse
scene@metronews.ca

This weekend a remake of the 1990 Arnold Schwarzenegger sci-fi favourite *Total Recall* hits screens with Colin Farrell replacing the Governor.

Unlike the original, Farrell is more mental than muscles, but like its predecessor it is a story about memories; some real, some implanted.

The movie asks the question: is anything real, or are we watching the memory Farrell ordered?

Memory is an intangible, mental process to attain, amass, remember and retrieve information.

Not exactly the most cinematic subject, but nonetheless filmmakers have used memory as the backbone for movies for decades.



Colin Farrell. HANDOUT

Most memory movies use amnesia as a starting point.

The loss of memory propels the plot of the Hitchcock classic *Spellbound*.

Gregory Peck plays a man whose guilt at the death of his younger brother causes amnesia.

The movie broke box office records when it opened, but Hitchcock dismissed it as "just another manhunt wrapped up in pseudo-psychanalysis."

Who could forget Matt Damon as one of the most popular (and violent) amnesiacs of recent years?

In the *Bourne* Identity he is Jason Bourne, a CIA operative who loses his memory while on a mission.

As he tries to regain his memory, he discovers he has a unique and deadly skill set. As he brings his past into focus, he doesn't like what he

discovers.

"Everything I found out," he says, "I want to forget."

Eternal Sunshine of the Spotless Mind presented a different take on memory loss. In this strange and romantic Jim Carrey movie people pay to have painful memories erased from their minds.

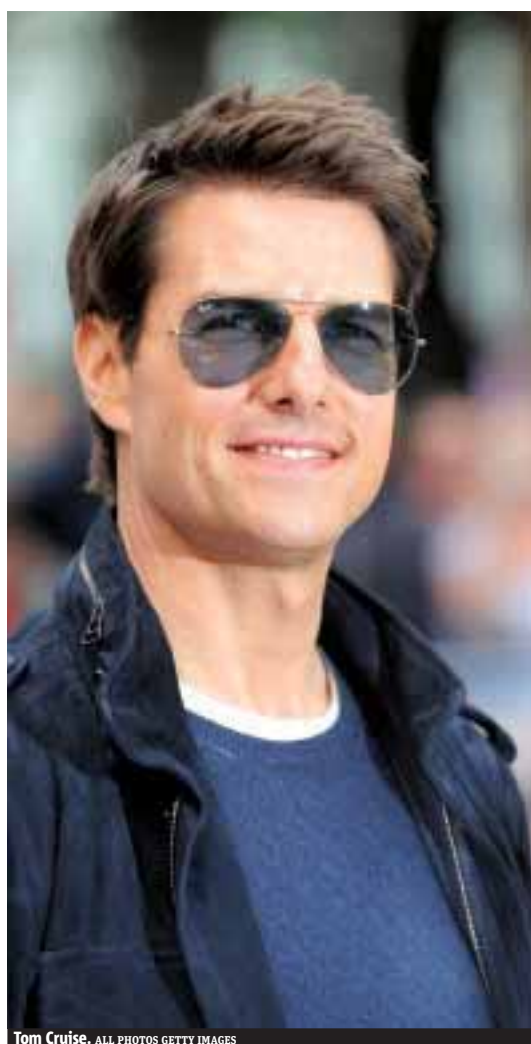
Short-term memory loss has provided the backdrop for comedies like the world's only brain-damage-rom-com, *50 First Dates* — Adam Sandler woos Drew Barrymore even though she forgets who he is every day — and complex thrillers like *Memento*.

Directed by Christopher Nolan, *Memento* stars Guy Pearce as a man with short-term memory loss, who uses notes and tattoos to hunt the person he's convinced killed his wife.

"Facts, not memories," he says, "that's how you investigate."

Finally, two romantic and sad movies explore Alzheimer's disease.

The Notebook pairs James Garner and Gena Rowland in a heartbreaking study of love and memory loss while *Away From Her* sees Julie Christie and Gordon Pinsent's long term marriage torn apart by the disease.



Tom Cruise. ALL PHOTOS GETTY IMAGES

Tom Cruise whisks Suri off to Disney World

Tom Cruise is pulling out all the stops for his time with daughter Suri in the wake of his divorce from Katie Holmes — and he's not above a trip to the Magic Kingdom.

Cruise headed to Walt Disney World with his daughter and other family members this week, with the six-year-old dressed up

as a mermaid.

"Suri looked like she was in heaven," another park-goer tells People magazine. "It was really cute. She was walking around like she owned the place, having the time of her life, and Tom — who looked really handsome — was talking to her, was really engaging with her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Pattinson staying at Witherspoon's ranch

THE WORD
Monica Weymouth
scene@metronews.ca

Loyal Word readers may have noticed that Robert Pattinson and Kristen Stewart have been absent from our pages for two full days. But all good things, of course, must come to an end.

After moving out of the Los Angeles mansion they were sharing, Pattinson has surfaced at friend and Water

for Elephants co-star Reese Witherspoon's super sweet California ranch, reports Us Weekly. Pattinson remains "inconsolable" about Stewart's affair with Rupert Sanders and is more than a "total mess" than usual, sources tell the magazine.

As for Kristen, she's found support with Panic Room co-star Jodie Foster.

"As soon as she heard the news, Jodie contacted Kristen," a source tells Radar-Online. "Jodie told Kristen to take no notice of the media bashing and said if she wanted to cry her heart out to her she's always available."

Unless Jodie Foster's got a Malibu beach house up her sleeve, we're going to have to hand this round to Pattinson.



Jessica Biel and Justin Timberlake

Jessica Biel enjoying being engaged

Jessica Biel and Justin Timberlake probably aren't getting married soon, if Biel's level of preparation for the big day is any indication. The actress says she's prepared "almost nothing" for her wedding.

"I'm just being engaged."

I do feel like there is a lot of time and nothing needs to be rushed," she says, according to the Chicago Sun-Times. "Everyone tells me that being engaged is the really special moment — not that it gets bad when you're married."

Twitter



@EllenBarkin

To all u out there threatening me,I have no problem reading your childish age related insults,but threats on my life...no.Blocked & reported



@RealRonHoward

Back in the editing room after a complete and encouraging screening for a few friends and family last night



@MarthaPlimpton

That's it. I'm going on a total twitter blackout until the end of the Olympics. The spoilers are infuriating.



@russellcrowe

The Olympics opened already, wow , missed it, first time in a long time...I've been in the Icelandic bush...well, moss...Kleifarvatn...

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2012's Olympic audience is seeing peak athletic performance paired with front-line fashion

Who said sportswear can't be chic?

The athletes' parade during last week's opening ceremony might as well have been a catwalk show, with some of fashion's biggest names — Armani, Prada, Ralph Lauren, Stella McCartney — designing the team uniforms.

Many in the fashion industry are already calling this the most stylish Olympics ever.

The Italians must be some of the best-dressed athletes, scoring points with an understated monochrome kit in navy and white by Giorgio Armani, as well as waterproof blue designs for their sailing team by Prada.

Stella McCartney has worked with Adidas to design the sporting gear and Village wear (loungewear) for Britain's home team, though the outfits weren't on show Friday as athletes covered up in white and gold tracksuits. McCartney's gear takes inspiration from the iconic Union flag, but she said she deconstructed it to



How do you fashion-savvy readers feel about Canada's Olympic kits? MATT DUNHAM/THE ASSOCIATED PRESS

make it "more delicate and feminine."

Look out for them on the track and at the pool: Red is

sparingly used to highlight a palette that mostly features white and shades of blue — turquoise, navy, cobalt.

Meanwhile, the American team may have gotten a barrage of bad press for its made in China Ralph Lauren uniforms, but the preppy designs were still some of the most stylish in the arena: clean-cut navy blazers, crisp white trousers, skirts, and shoes, accessorized with navy berets and blue, red and white striped scarves.

The Jamaican team is in the spotlight because of sprinter Usain Bolt, so it's fitting that it also got a boost in the fashion stakes this year.

Their kit, which features the national colours as well as lightning-like prints, were designed by Cedella Marley, daughter of legendary singer Bob Marley, for Puma.

The styles were modeled by a flamboyantly dancing Bolt at a London catwalk recently.

"Cedella Marley brings island colour to team Jamaica — a sea of tropical yellow, green and black," said Avril Graham, Harper's Bazaar executive fashion and beauty editor, on Friday.

Other designers behind the Olympics this year include luxury label Hermes, which has designed riding jackets for the French equestrian team, and Salvatore Ferragamo, which designed the official uniform for the European republic of San Marino.

Some designers didn't get involved in the official Olympics gear, but used the games as an opportunity to cash in and promote their brands anyway.

Karl Lagerfeld, for example, launched an Olympic-themed womenswear collection called Team Karl at London department store Selfridges — though he reportedly said he wouldn't tune in to watch the games.

Meanwhile, high-street chain store H&M said it was launching two pop-up stores dedicated to selling sportswear in London.

THE ASSOCIATED PRESS

Pool cool

Beauty in a bathing suit

Natalie Coughlin has been in the pool as long as she can remember, building the muscles and learning the discipline that would lead her to 12 Olympic medals. Many of the same things that help in her training also help her beauty routine.

"Eating well and taking care of your body is the No. 1 most important thing for good hair, good skin and good nails," she says. "Your nutritional needs show up on your hair, skin and nails."

Dryness is what she's usually battling, but she has success with leave-in conditioner as a weapon, says Coughlin, who signed earlier this year as a spokeswoman for hair-care brand Pantene. She skips the chlorine-removal shampoos, though, because she finds they not only take out the chemicals but also moisture. When she does her own hair and makeup, she'll wear her naturally wavy hair down with "just a touch of help from the curling iron." She'll wear brown eyeliner and mascara — both "don'ts" on days she is swimming because they'll run.

She'll use a dry brush on her skin before a shower or bath, which not only exfoliates dead skin cells but also feels good. "I take a natural bristle brush and brush my entire body. It's holistic, I'll brush it toward my heart."

THE ASSOCIATED PRESS



A low score for style?

Friday's athletes parade also showcased some surprising and less popular designs.

- The German team was notable for not using their national colours at all — instead, the kit was all hot pink for the women's jackets, and cornflower blue for the men; both were paired with white trousers.

- The Czechs, meanwhile, wore bright blue wellington rain boots paired with white shorts.

- Some Spanish athletes have posted tweets grumbling about their garish red and gold outfits, and there are even Spanish Facebook groups set up to campaign against the gear.



Scouts honour: Ralph Lauren seemingly drew inspiration from those 'always prepared' club members of the past. MATT DUNHAM/THE ASSOCIATED PRESS

On the Web



Ukraine fashion show shines rare spotlight on the disabled.

Natural elements just part of the fun for playground designers

Natural Playgrounds.
U.S. company
incorporates equipment
into existing landscape

Architect and playground builder Ron King is part of a robust movement to bring back more natural play, with environments that serve up some messiness and risk-taking along with exercise.

Kids may play on equipment for a short time, he says, "but then they want to run around. They want to climb a hill, scramble over rocks, listen to the wind and play in the rain. They want to explore and discover rather than have their play experience defined by a piece of equipment."

So when his company, the Concord, N.H.-based Natural Playgrounds, builds a playground for a school or community, he tries to incorporate any equipment into the existing landscape, using or adding boulders, wooden beams, hammocks, water pumps or sand. Polycarbonate slides are built into embankments so the slides can be higher but the falls aren't as dangerous. They're also treated so that static electricity doesn't interfere with cochlear implants, and they're heat-resistant. He might put in a water pump that needs to be primed, and sand that can be sculpted. Cedar, steel and copper can be turned into drums, musical fences, and tubular contraptions that make interesting sounds when gravel, water, sticks or hands come in contact with them. There are places to play quiet games, and also room to run with the gang.

Having the opportunity to do both is optimal, says Susan Solomon, author of *American Playgrounds* and the upcoming



A Pebble Harp makes beautiful, tinkling, harp-like sounds when children drop pebbles down the slots in the top, and pebbles drop out the bottom, ready to be reused to make more music. THE ASSOCIATED PRESS/NATURAL PLAYGROUNDS COMPANY



Natural Playgrounds offers labyrinths because 'walking the labyrinth' is great for children and adults. Do-it-yourself templates of various sizes are available in the Natural Playgrounds online store.

THE ASSOCIATED PRESS/NATURAL PLAYGROUNDS COMPANY

The Science of Play (both from University Press of New England). The trend toward more natural playgrounds, she says, is due partly to the high cost of the prefabricated, themed structures (jungle, pirate ship,

tiny town) found in so many playgrounds today. It's also the result of growing interest in nature and local products, and of parental nostalgia for what is remembered as a more unfettered childhood.



A Tree Deck Natural Playground built on a hill is shown at a child-care facility in McMurray, Pa. Tree Deck playgrounds help children touch tree canopies, get closer to birds, and experience heights. THE ASSOCIATED PRESS/NATURAL PLAYGROUNDS COMPANY



An embankment slide is built into a constructed hill at an elementary school in Glens Falls, N.Y. The embankment slide is safer than tower slides with ladders. Scattered boulders, random dirt steps, rough terrain, and varied plantings add to rich textures and varied experiences. THE ASSOCIATED PRESS/NATURAL PLAYGROUNDS COMPANY

Playgrounds in recent years — including some natural playgrounds — have gotten a little tame, Solomon says. Safety and liability concerns have driven out many tall or fast pieces of equipment.

And with them some of the fun. "They don't allow kids to take chances," Solomon says.

"Risk involves uncertain outcomes — going fast, reaching great heights or even hiding, in order to overcome

primal fears and create exhilaration."

Restoring some of that excitement safely is one goal of designers of natural playgrounds.

The Woodland Discovery Playground at Shelby Farms Park in Memphis, Tenn., is a 3.5-acre amalgam of nature, naturalistic elements, and steel and plastic structures. It was developed by the New York-based design firm James Corner Field Operations after a series of workshops with local kids.

"What was so remarkable was that most children actually preferred woodland exploration to playing on the existing playground that occupied the site," says the firm's senior designer, Sarah Weidner Asheimer.

The resulting playground consists of six play "nests"; features include climbing walls, a bright red suspended net, a variety of swings, tree forts, vines and a place for quiet play.

A mix of natural and man-made challenges is also the recipe recommended by Paige Johnson, who writes a blog called *Playground Designs*. A few natural rocks and tree stumps aren't enough, she says.

"Some advocates even reject swings or slides, but the experience of dynamic motion, where a child feels a temporary loss of body control, is part of great play," she says. "It makes even grown-ups laugh."

A natural playground needs a few key elements, according to Johnson: a hill, boulders and stumps to climb on; rocks and gravel to dig in; paths and perhaps a little bridge to traverse; and a gate or door that kids can turn into a portal of their own. Finally, there should be a pile of loose parts: Wood blocks, bricks or boxes of donated junk that can be turned into an imaginative, free-wheeling experience. THE ASSOCIATED PRESS

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The beauty of a few curves

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**DESIGN
CENTRE**
Karl Lohnes
home@metronews.ca

For far too long we have seen the trend of square-edged furnishings highlighted in the best looking homes and hotels. I have always been a believer that whenever a decor scheme has square corners there must be a few rounded ones to create a healthy design juxtaposition.

As we slowly see a return to traditional lines in furnishings we also see "the curve" coming into modern looks. Here's a selection of "curves-with-personality" pieces that can help break up the linear action in most of today's rooms; and in my favourite colour combination of persimmon and grey.



Round out the room

A rounded banquette helps to snugly fit a round table and mid century modern shapely chairs in a family eating nook.



Ryder Rocking Chair, \$740, West Elm

Danish-inspired design with simple lines and natural materials turns the idea of a rocking chair into something of cool comfort.



Haviland Chest, \$350, Pier 1

Painted stripes play off the Bombe curves of a stylish cabinet. A fun, personality-filled accent.



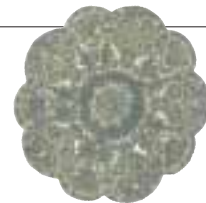
Hartwell Sofa, \$1,999, Ethan Allen

An arched back and flared arms help to modernize the classic camel-back sofa.



Isala Side Table, \$199, Ikea

Legs reminiscent of Victorian stair spindles serves up oversized whimsy on a side table.



Doily 8' Rug, \$800, Anthropologie

Circularly shaped with petal details and scrolled cut-outs give us beautiful curves for the floor.



Corsett Leather Ottoman, \$249, Urban Barn

Cinch it in for some sexy curves.

Incorporating curves into a modern space

- Use the 70/30 rule to balance the look in a room: 70 per cent square modern lines, 30 per cent curvy lines.
- Keep the colours solid and the patterns plain on curvy furnishings. Curvy lines and curvy patterns together are a thing of the past.
- Round-topped tables are good choices because they are easy to get around in a small space; no corners to bump into at night.

The egg debate

Happy chickens, happy planet

What are the most sustainable eggs to buy?
-Natalia of Regina



**QUEEN
OF GREEN**
Lindsay Coulter
green@metronews.ca

You'll want to choose eggs from happy chickens!

Eating a planet-friendly diet includes consuming less meat,

eggs and dairy products. But if you buy eggs, consume those that are humanely raised.

These days, egg cartons make claims like "cage-free," "free-run" and "free-range." And these choices matter. Tragically, more than 90 per cent of Canada's egg-laying hens are confined in "battery cages" — small wire cubes housing five to seven birds each, beaks cut (to control damage from pecking their cage mates), stacked row upon row upon row in large, windowless barns.

It's time to put the chickens before the eggs. Here's a quick guide to navigating egg-carton labels, from better to best

choice (and don't be fooled by misleading claims like omega rich or fed vegetarian feed).

Cage-free eggs: Hens aren't confined to battery cages, but that's about it. They don't have access to the outdoors, and there are no assurances about what they are fed or what kinds of medications they are given. You might see this claim on all three types of non-battery cage production eggs — free-run, free-range and organic. Certification: none.

Free-run eggs: Chickens can move around in open-concept barns, but they don't necessarily have access to the great outdoors and overcrowding may

still be an issue. Certification: none.

Free-range eggs: Hens see the light of day (depending on the weather) and their feet actually come in contact with the earth. Certification: none.

Organic eggs are your best choice. These hens benefit from the highest welfare standards. And certified-organic labels often require the use of organic feed without growth hormones or antibiotics.

Certification can include third-party labels like Canada Organic, Quality Assurance International, USDA Organic and B.C. Certified Organic. You may also see certification by



More than 90 per cent of Canada's egg-laying hens are confined in battery cages. ISTOCK IMAGES

provincial welfare agencies. For example, the BC SPCA Certified label assures eggs come

from farms that have passed their animal welfare standards.

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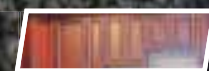
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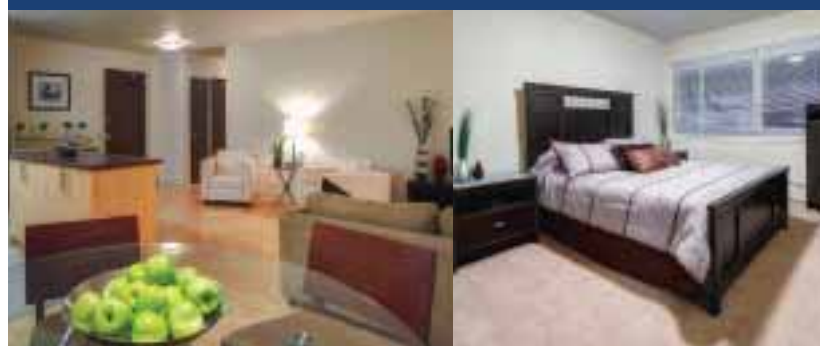
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A rocky road paved with cappuccino leads to a drool-worthy cheesecake

A great combination for a cheesecake is coffee, chocolate chips, marshmallows and toasted almonds. This cheesecake is not only delicious but beautiful to present to your family and guests, especially if you drizzle it with more chocolate.

1. Preheat the oven to 350 F. Lightly coat a 9-inch spring-form pan with cooking spray.

2. In a small bowl, combine the crumbs, water and oil. Pat onto the bottom and partially up the sides of the pan.

3. Dissolve the coffee in the hot water. In the bowl of a food processor, add the ricotta and cream cheese, egg, sour cream, sugar, flour and dissolved coffee. Purée until smooth. Pour into the pan and bake for 35 minutes. Remove from the oven.

4. Sprinkle the marshmallows, chocolate chips and almonds over the cake and bake for another 5 minutes. Allow to cool, and chill before serving.

ROSE REISMAN'S FAMILY FAVORITES
(WHITECAP BOOKS)

Ingredients

Crust

- 1 2/3 cups chocolate wafer crumbs
- 2 tbsp water
- 1 tbsp vegetable oil

Filling

- 1 1/2 tbsp instant coffee or espresso powder
- 1 1/2 tbsp hot water
- 2 cups light ricotta
- 1/2 cup light cream cheese, cubed

- 1 large egg
- 3/4 cup low-fat sour cream
- 1 cup granulated sugar
- 3 tbsp all-purpose flour
- Topping**
- 1/3 cup miniature marshmallows
- 3 tbsp semisweet chocolate chips
- 3 tbsp slivered toasted almonds

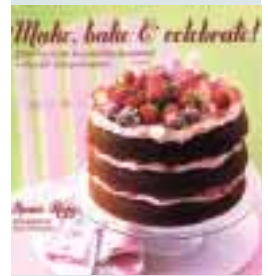
Cappuccino Rocky Road Cheesecake



This recipe serves 12. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Book of the week

A cake for every reason & season



Make, Bake & Celebrate! by Annie Rigg will inspire you to create something special, no matter how new you are to cake decorating.

Most of the cake recipes in the book are adapted from one of The Basics in the first chapter where you'll also find frostings and decorating techniques.

Chapters such as For Birthdays offer cakes for the grown sweet tooths (Gilded Double Chocolate Cake with Chocolate Roses) while For Kids has options specifically for the little ones (Chocolate Polka Dot Tower). Other recipes include Lilac and Lavender Petits Fours, Macron Wedding Cake, and more. METRO

If gentlemen prefer blonds, will bakers prefer blondies?

White Chocolate Coffee Cashew Blondies



This recipe serves 9. MATTHEW MEAD/ THE ASSOCIATED PRESS

According to Hollywood, gentlemen prefer blonds. With this white chocolate-studded blondie treat and its duo of tastes, blondies are also easy to love. Their rich coffee and crunchy cashew texture also help.

All the elements are brought together in a sweet, rich bar that, thanks to a generous helping of brown sugar, stays moist and chewy with just a hint of crunch on the outside.

Want to take it even further? Sprinkle the top with flaked sea salt just before popping it in the oven.

And if you don't like cashews, peanuts, almonds or walnuts would be good, too. Or maybe you want to add a bit of each.

1. Heat the oven to 350 F.

Ingredients

- 1 tbsp water
- 1 tbsp instant coffee
- 1 tsp vanilla extract
- 1/2 cup (1 stick) unsalted butter, room temperature
- 1 1/2 cups packed light brown sugar
- 1 tsp salt
- 2 eggs
- 1 3/4 cups all-purpose flour
- 1 cup white chocolate bits
- 1 cup unsalted roasted cashews

Coat a 9-by-9-inch baking pan with cooking spray.

2. In a medium bowl, combine the water, instant coffee and vanilla. Stir until the coffee granules dissolve.

3. Add the butter, brown sugar and salt. Use an electric mixer or whisk to beat until light and fluffy. Add the eggs, one at a time, beating between additions and scraping down the sides of the bowl. Stir in the flour, then the white chocolate bits and cashews.

4. Spread the mixture evenly into the prepared pan. Bake for 35 to 40 minutes, or until a toothpick inserted at the centre comes out clean. Cool, then cut into 9 squares. THE ASSOCIATED PRESS

Chocolate Fondant. An unexpected velvety finish to a special dinner



This exquisite dessert provides a velvety chocolate finish to a special meal. The sweet and spicy blend of honey mustard and chocolate makes for a simple yet sophisticated treat.

1. In a medium saucepan, bring cream to a boil. In a heatproof mixing bowl, pour cream over white chocolate. Mix well. Add honey mustard. Mix thoroughly. Pour mixture into an ice cube tray and freeze for 40 minutes.

2. Preheat oven to 250 C (475 F).

3. Meanwhile, in the top of a double boiler, melt butter and dark chocolate. Add eggs, flour and sugar to melted mixture and mix well.

4. Pour half of the dark chocolate mixture into small cupcake moulds. Place a frozen ball of ivory chocolate in the middle of each mould. Cover with remaining dark chocolate mixture. Bake for 8 to 10 minutes.

THE CANADIAN PRESS/MAILLE

Ingredients

- 60 ml (4 tbsp) 15 per cent cream
- 100 g (3 1/2 oz) white chocolate
- 30 ml (2 tbsp) honey mustard
- 60 g (2 oz) butter
- 200 g (7 oz) dark chocolate
- 3 eggs
- 125 ml (1/2 cup) flour
- 150 ml (2/3 cup) sugar

Cycling

Wiggins sets new Olympic standard for Great Britain

Bradley Wiggins sealed his place in British Olympic history on Wednesday when he won the gold medal in the men's time trial at the London Games.

The 32-year-old Londoner powered his way to victory on the 44-kilometre course south of the city to win his seventh Olympic medal, taking over the British record he shared with former rowing great Steve Redgrave.

THE ASSOCIATED PRESS



Bradley Wiggins
THE ASSOCIATED PRESS

Badminton

Cheating scandal puts Canadians through to semis

A pair of Canadians have a chance to win the country's first-ever medal in Olympic badminton, and they have an ugly cheating scandal to thank for it.

Toronto's Alex Bruce and Michele Li lost all three of their matches in the round robin, but two of them came against teams that were disqualified for losing on purpose to set up a more advantageous path to the medal round. Bruce and Li were re-entered in the tournament and won their quarter-final match 21-9, 18-21, 21-18 over of Australia on Wednesday.

THE CANADIAN PRESS



Canada's men's eight rowing team members, from right, Jerry Brown, Andrew Byrnes, Conlin McCabe, Will Crothers, Rob Gibson, Brian Price, Malcolm Howard, Gabe Bergen, and Doug Csimas celebrate their silver medal at Eton Dorney on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Redemption on the water in London

Men's eight. After last-place showing in heat over weekend, Canadians come back to earn silver in London

Quoted

"At 750 (metres), I said, 'Guys, put on your hard hats. It's time to go to work.' And they went to work. It was all about just work, work, work. Every stroke."

Canadian coxswain Brian Price

Credit the Canadian men's eight with a horrendous start and courageous finish to the Olympic regatta.

After finishing last in their opening heat last Saturday, the Canadians did a lot of soul-searching, absorbed a tongue-lashing from veteran coach Mike Spracklen and then got their act together again.

The roller-coaster ride led to a silver medal Wednesday at Eton Dorney, a tribute to hard work, good character and terrific coaching.

The Canadians won row-

ing's marquee event at the 2008 Games in Beijing but only had three returning members of that crew — Toronto's Andrew Byrnes, Victoria's Malcolm Howard and coxswain Brian Price of Belleville, Ont. — in the London boat.

The other members of the Canadian eight are Will Crothers and Rob Gibson of Kingston, Ont., Jerry Brown of Cobourg, Ont., Conlin McCabe of Brockville, Ont., Doug Csimas of Oakville, Ont., and Gabe Bergen of 100 Mile House, B.C.

Since Beijing, the German eight has ruled the waves going

unbeaten in almost four years.

Germany was unstoppable again, winning in five minutes 48.75 seconds ahead of Canada in 5:49.98 and Britain at 5:51.18.

"We knew we'd have to have an amazing race to get on the medal podium," said McCabe. "Like to get the bronze, even."

Once on shore Wednesday, the Canadians celebrated as if they had won. It wasn't quite worst to first, but it was close.

Canada started sluggishly at the regatta, finishing last in its heat behind Germany, Britain and the Netherlands.

Spracklen said he ended a no-holds-barred meeting on Sunday by making an unusual request.

"I can't remember it word-for-word, but what I said was, 'I have one last request and I've never asked anyone before — win the race for me,'" said Spracklen.

The Canadians changed tactics as a result.

Instead of going after the Germans in the final on Wednesday, the Canadians focused on their start and then looked to work off other crews. They disposed of Australia, then the Dutch, then Britain.

"Right from our start, just I knew this was going to be good," said Brown. "(We) just had to keep pushing. The boat's on a rail — just keep adding to it. We've got so many horses in that boat."

THE CANADIAN PRESS

4 SPORTS

Mobile sports



The gymnast whose career record for most Olympic medals was broken by Michael Phelps says she doesn't mind that the American swimmer has surpassed her. Larisa Latynina, who won 18 medals from 1956 to 1964 while competing for the Soviet Union, was in London on Tuesday to watch Phelps, and she says she was happy for him. Scan the code for the story.

Hayden bites back to claim first medal



Brent Hayden THE CANADIAN PRESS

The most senior member on Canada's swim team conquered rookie nerves to capture his first Olympic medal.

Brent Hayden won bronze in the 100-metre freestyle Wednesday for Canada's first swim medal of the 2012 Summer Games.

After touching the wall in 47.80 seconds, Hayden turned, rose out of the water almost to his waist to see the scoreboard and then slapped his right hand into the water with joy.

"There are so many times when you can dream of something, but a million out of a million and one times it won't come true," Hayden said. "This

A first for Canada

- Hayden is the first Canadian man to win an Olympic medal in the 100-metre freestyle.
- The man who last swam in a

final, International Olympic Committee member Dick Pound, hung the bronze around Hayden's neck. Pound was sixth in the 1960 Olympics.

was one of the things that I was very fortunate as a human being to have happen to me."

American Nathan Adrian out-touched James Magnussen for gold in 47.52, followed by the Australian in 47.53.

Hayden grappled with emotion and a complaining back in

the hours prior to his race. The three-time Olympian required three spinal adjustments from his medical team to address his discomfort.

"I just couldn't help feeling like 'The best day of my life feels like the worst day of my life right now,'" he explained.

"I woke at 6 a.m. and my heart pounding because I was thinking about the race.

The Mission, B.C., swimmer is a world champion and world silver medallist in the distance, but it was his first Olympic final in three tries.

At 28, Hayden was more than three years older than Cesar Cielo, the next eldest in the final. The two veterans went out quickly with Hayden second to the Brazilian at the 50-metre split. But Adrian and Magnussen went eyeball to eyeball in the fourth and fifth lanes and closed hard. Hayden kept contact in the seventh lane.

THE CANADIAN PRESS

Hughes finishes fifth in her final ride



Winnipeg native Clara Hughes competes in the women's Olympic cycling time trial in London on Wednesday. FRANK GUNN/THE CANADIAN PRESS

Cycling. 39-year-old concludes Olympic career with two medals on the bike and four in speedskating

With the finish at Hampton Court Palace fast approaching, Canadian cyclist Clara Hughes furiously worked her pedals as she made one last push for the line.

She did it all with a smile on her face as she soaked up the joy of competing on the Olympic stage one last time.

Hughes, a native of Winnipeg, capped an incredible Olympic career with a fifth-place finish in the women's time trial at the London Games on Wednesday.

She was almost a minute behind American Kristin Armstrong, who successfully defended her Olympic title. Judith Arndt of Germany won silver and Olga Zabelinskaya of Russia was third. Hughes was about 30 seconds away from reaching the podium at the Games for a seventh time.

"I knew today, I knew in the

last week, in the last month that this is the last time I would have the chance to race in the Olympics," Hughes said. "I'm really proud of what I did."

Hughes and former long-track speedskating teammate Cindy Klassen share the honour of being the country's most decorated Olympians. Hughes won two cycling medals at the 1996 Games in Atlanta and went on to capture four more in speedskating over the last three Winter Olympics.

She won bronze two years ago in Vancouver and returned to cycling later that year. Now 39, she's one of only five athletes ever to win medals in both the Summer and Winter Games. **THE CANADIAN PRESS**

Quoted

"I think I could win with a smile and I could lose with a smile, as well, because I never fail in emptying myself in what I do."

Clara Hughes on how she wants to be remembered as an Olympian

Record reaction. London Games chairman 'not sure' Phelps the greatest

With 19 medals, Michael Phelps is the most decorated Olympian of all time. But the greatest?

Not for Sebastian Coe.

Coe, the two-time gold medalist in the 1,500 metres and head of the London Games, is not ready to anoint Phelps as the supreme Olympian.

"You can probably say that clearly, self-evidently, in medal tally he's the most successful," Coe said Wednesday. "My personal view is I am not sure he is

the greatest, but he is certainly the most successful. That goes without saying."

The American swam the anchor leg of the winning U.S. 4x200-metre freestyle relay Tuesday night to surpass Soviet gymnast Larisa Latynina for most career Olympic medals. Latynina won 18 medals at the 1956, 1960 and 1964 Olympics.

Phelps, who won a record eight gold medals at the 2008 Beijing Games, is competing in three other events in London

and can take the record further. So who, Coe was asked, would he pick over Phelps?

He started with a crack: "Well, modesty prevents me from....No. That's a joke."

"This is the global pub game," said Coe, who won his gold medals at the 1980 and 1984 Games. "Who is the greatest Olympian of all time? I could go around this whole room, we'd all come up with different interpretations on."

THE ASSOCIATED PRESS

Day 5 results

MEDAL STANDINGS

73 of 302 total medal events

Nation	G	S	B	Total
China	17	9	4	30
United States	11	8	9	28
South Korea	6	2	4	12
France	5	3	4	12
North Korea	4	0	1	5
Germany	3	8	2	13
Italy	3	4	2	9
Kazakhstan	3	0	0	3
Japan	2	4	11	17
Russia	2	4	5	11
Also				
Canada	0	1	5	6

BASKETBALL

WOMEN

FIRST ROUND

Group A

Team	W	L	Pts
China	3	0	6
United States	3	0	6
Turkey	2	1	4
Czech Republic	1	2	2
Croatia	0	3	0
Angola	0	3	0

Group B

Country	W	L	Pts
France	3	0	6
Russia	3	0	6
Australia	2	1	4
Canada	1	2	2
Britain	0	2	0
Brazil	0	2	0

Wednesday, Aug. 1

France 64, Canada 60
China 76, Angola 52
Australia 67, Brazil 61
Russia 67, Britain 61
Czech Republic 89, Croatia 70
United States 89, Turkey 58

WHAT CANADA DID

Wednesday at the 2012 London Olympics

ROWING

Men's eights — Canada (Gabriel Bergen, 100 Mile House, B.C.; Douglas Csima, Oakville, Ont.; Rob Gibson, Kingston, Ont.; Conlin McCabe, Brockville, Ont.; Malcolm Howard, Victoria; Andrew Byrnes, Toronto; Jeremiah Brown, Cobourg, Ont.; Will Crothers, Kingston, Ont.; Brian Price, Belleville, Ont.), won the silver medal in 5:49.98.

Men's lightweight double sculls — Douglas Vandro, Dewittville, Que., and Morgan Jarvis, Clearwater Bay, Ont., finished first in their semifinal heat in 7:02.85 and qualified.

Men's pairs — David Calder, Victoria, and Scott Frandsen, Kelowna, B.C., finished first in their semifinal heat in 6:56.47 and qualified.

SWIMMING

Men's 100 freestyle — Brent Hayden, Mission, B.C., won the bronze medal in 47.80.

Men's 200 backstroke — Tobias Oriwol, Toronto, finished fourth in his qualifying heat in 1:58.06. He finished seventh in his semifinal heat in 1:58.74 and did not advance to the final.

Men's 200 individual medley — Andrew Ford, Guelph, Ont., finished first in his qualifying heat in 2:00.28. He finished seventh in his semifinal heat in 2:01.58 and did not advance to the final.

Women's 100 freestyle — Julia Wilkinson, Stratford, Ont., finished third in her qualifying heat in 54.16. She finished seventh in her semifinal heat in 54.25 and did not advance to the final.

Women's 200 breaststroke — Tera Van Bellen, Oakville, Ont., finished seventh in her qualifying heat in 2:27.70 and did not advance. Martha McCabe, Toronto, finished third in her qualifying heat in 2:26.39. She finished fourth in her semifinal heat in 2:24.09. McCabe, finished seventh in her final heat in 2:24.09 and advanced to the final.

Women's 4x200 freestyle relay — Canada (Barbara Jardin, Notre-Dame-de-Grace, Que.; Samantha Cheverton, Lachine, Que.; Amanda Reason, Toronto; Britanny MacLean, Toronto), finished second in its final heat in 7:50.84.

Canada finished fourth in the final in 7:50.65.

BASKETBALL

Women — Canada lost to France 64-60.

JUDO

Men's 90Kg — Alexandre Emond, Montreal, lost to Winston Gordon, of Britain, in Ippon, O-guruma, in 1:43 in the round of 32.

Women's 70Kg — Kelita Zupancic, Whitby, Ont., lost to Lucie Decosse, of France, in Ippon, Ko-soto-gari, in 4:31 in the round of 16.

SAILING

Men's windsurfer — Zac Playvis, Vancouver, is in seventh place after the fourth race (36).

Men's laser — David Wright, Toronto, is in 18th place after the sixth race (80).

Men's 49er — Hunter Lowden, West Vancouver, B.C. and Gordon Cook, Toronto, are in 14th place after the sixth race (50).

Women's laser radial — Danielle Dube, Glen Haven, N.S., is in 29th place after the sixth race (126).

Women's windsurfer — Nikola Girke, West Vancouver, B.C., is in ninth place after the fourth place (36).

ARCHERY

Women's individual 70m — Marie-Pier Beaudet, Levis, Que., lost to Louise Laursen, of Denmark, 7-3 in the round of 32.

CYCLING

Men's time trial — Ryder Hesjedal, Victoria,

finished 28th in the final in 56:06.18.

Women's time trial — Clara Hughes, Glen Sutton, Que., finished fifth in the final in 38:28.96. Denise Ramsden, Yellowknife, finished 19th in the final in 41:44.81.

WEIGHTLIFTING

Women's 69Kg — Marie-Eve Beauchemin-Nadeau, Quebec City, finished eighth in the final with a weight of 239 kilograms.

FENCING

Women individual sabre — Sandra Sassine, Montreal, lost to Aleksandra Socha, of Poland, 15-7 in the round of 32.

DIVING

Men's synchronized 3m springboard — Alexandre Despatie, Laval, Que. and Reuben Ross, Regina, finished sixth in the final with a score of 421.83.

SOCCER

MEN

FIRST ROUND

GROUP A

	GP	W	D	L	GF	GA	Pts
Britain	3	2	1	0	5	2	7
Senegal	3	1	2	0	4	2	5
Uruguay	3	1	0	2	2	4	3
U.A.E.	3	0	1	2	3	6	1

Wednesday, Aug. 1

Britain 1, Uruguay 0
United Arab Emirates 1, Senegal 1

GROUP B

	GP	W	D	L	GF	GA	Pts
Mexico	3	2	1	0	3	0	7
South Korea	3	1	2	0	2	1	5
Gabon	3	0	2	1	1	3	2
Switzerland	3	0	1	2	2	4	1

Wednesday, Aug. 1

Mexico 1, Switzerland 0
Gabon 0, South Korea 0

GROUP C

	GP	W	D	L	GF	GA	Pts
Brazil	3	3	0	0	9	3	9
Egypt	3	1	1	1	6	5	4
Belarus	3	1	0	2	3	6	3
New Zealand	3	0	1	2	1	5	1

Wednesday, Aug. 1

Brazil 3, New Zealand 0
Egypt 3, Belarus 1

GROUP D

	GP	W	D	L	GF	GA	Pts
Japan	3	2	1	0	2	0	7
Honduras	3	1	2	0	3	2	5
Morocco	3	0	2	1	2	3	2
Spain	3	0	1	2	0	2	1

Wednesday, Aug. 1

Morocco 0, Spain 0
Honduras 0, Japan 0

Thursday's 3 to watch



Women's judo

Amy Cotton of Montreal takes to the judo mat in the 78-kilogram class. The 32-year-old finished ninth at the 2004 Games in Athens.

Time: 9 a.m.

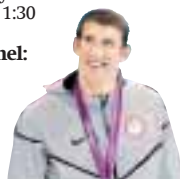
Channel: CTV

Men's swimming

American stars Ryan Lochte and Michael Phelps, pictured, look to add to their already impressive medal hauls in the 200-metre individual medley final.

Time: 1:30 p.m.

Channel: CTV



Women's beach volleyball

Canadian beach volleyball duo Annie Martin and Marie-Andree Lessard, pictured, look for their first win after a pair of losses. They take on Italians Greta Cicolari and Marta Menegatti.

Time: 6 a.m.
Channel: TSN

Horoscopes

Aries

March 21 - April 20

You have the energy and the ambition to make something special of your life, but not everyone believes you are up to the task. Go out of your way to prove them wrong today. They won't doubt you much longer.

Taurus

April 21 - May 21

You may be tempted to get involved in a friend's personal problems but that would be a big mistake. No matter how much you think they need help, the best thing you can do is steer clear — for now.

Gemini

May 22 - June 21

The Sun in Leo is good for Gemini but today's full moon could bring some kind of setback. If travel or social plans have to be changed, there is no point getting mad about it. Just go with the flow.

Cancer

June 22 - July 23

Today's full moon takes place in the wealth sector of your chart, so you would be wise not to take chances with money, either your own or other people's. A little caution is by far the best investment.

Leo

July 24 - Aug. 23

The Sun in your sign makes all things possible but it doesn't get rid of those annoying people who always seem to be telling you not to take risks. No one tells a Leo to do anything and gets away with it!

Virgo

Aug. 24 - Sept. 23

You may decide, with good reason, that you don't want to take on extra duties on the work front, and you are within your rights to say so. You're not interested in doing more — you want to do better.

Libra

Sept. 24 - Oct. 23

There is a luck factor working in your favour at the moment but don't take it for granted. Today's full moon will in some way remind you that fate has a tendency to change just when we least expect it.

Scorpio

Oct. 24 - Nov. 22

You may be ambitious at the moment but today's full moon could bring an element of self-doubt into your life. Scorpio, self doubt? Is that possible? Yes it is, but only in the short-term.

Sagittarius

Nov. 23 - Dec. 21

You may be tempted to slow down and enjoy the fruits of your success but while the momentum is on your side you really ought to make the most of it. Do something outstanding today.

Capricorn

Dec. 22 - Jan. 20

The planets warn that nothing is what it seems at the moment, so make an effort to read between the lines, especially when there is money at stake. Accept nothing on trust — always demand facts and figures.

Aquarius

Jan. 21 - Feb. 19

It does not matter how worked up you get about various injustices, you won't be able to change anything. All you can do is take care of your own life. Others will follow your example.

Pisces

Feb. 20 - March 20

The best way to forget your worries is to throw yourself into your work. By focusing your conscious mind on the task at hand, you free your subconscious mind to find the answers for you. It won't take long. **SALLY BROMPTON**

Crossword: This and That

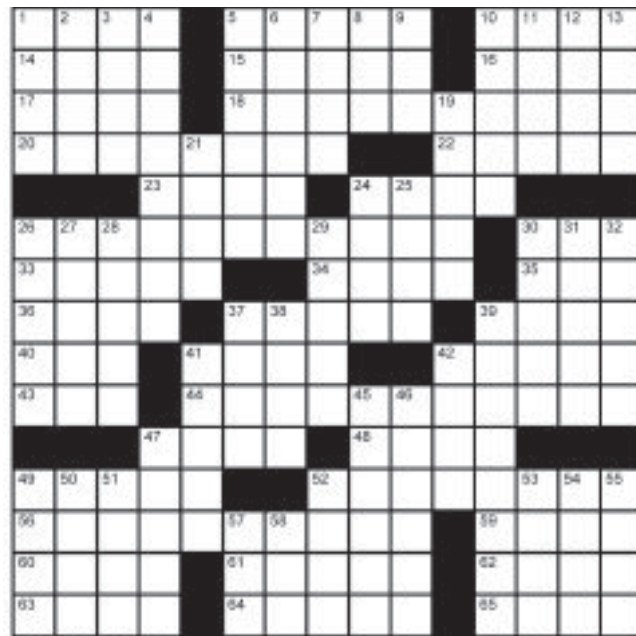
Across

1. Actress Watson of Harry Potter movies
5. Ontario and Great Slave
10. Alberta-based power distribution company that controls its operations through Canadian Utilities
14. Car top
15. Internet-based periodical, familiarly
16. "Ouch!"
17. "What business is ____ yours?"
18. Montréal's ____ Seaway
20. Canada's 20th PM, 1993-2003
22. Arm bones
23. Gator's cousin
24. Three tps.
26. Hamilton-born SCTV and SNL graduate who starred in *Three Amigos*, *Innerspace*, *Pure Luck*, *Mars Attacks!*, *Father of the Bride* Part 2
30. "Do ____ say!"
33. "I don't want to hear ____ out of you!"
34. Modest response to praise
35. Wheat part
36. Caked deposit
37. Toronto-born *60 Minutes* regular Morley
39. Huff
40. Not hers
41. "____ Want for Christmas..."
42. Big spoon
43. Bullfight "Bravo!"
44. Kitchener-born Miss

Money-penny player in many Bond movies
47. Stereo brand
48. French assents
49. Big name in dental care
52. Ontario neighbor
56. Canada's government
59. Iraqi or Lebanese
60. Songstress James of jazz
61. "Ready or not, ____ come!"
62. *The Thomas Crown Affair* costar Russo
63. ATM offering
64. Cubic metre
65. Does lawn repair

Down

1. Guitarist Clapton
2. Butterfly relative
3. Tie up, in a way
4. Impacted
5. Skin wound
6. Early Mexicans
7. Brick-baking oven
8. Old Spanish queen or Bambi's aunt (NAE anagram)
9. Repair tears
10. "The dog gave ____ when the boy kicked it"
11. Ala. neighbor
12. ____-Cola
13. Is in debt
19. Out of practice
21. Stumble
24. Kind of bag
25. "It's c-c-c-cold!"
26. Chest-thumping
27. Taxing month



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28. Employ again
29. Stereos
30. *Biography* cable channel
31. Unappetizing fare
32. "____ Inside": computer slogan
37. Decelerate
38. Et ____: and others (Lat.)
39. Reacted to a knockout

41. Excuse
42. Half CXXIV
45. Bellyacher
46. Em or Mame
47. Moslem deity
49. Org. that includes Venezuela and Ecuador
50. ____-tat-tat: machinegun sound
51. Painting and sculpture, e.g.

52. Just
53. Some kids eat the middle of this first
54. Rock group
55. President Lincoln and namesakes
57. Contented comments
58. Encountered

Yesterday's crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	2	5	3	4	9	1	8	7
4	8	9	7	8	1	3	2	5
7	3	1	2	5	8	9	6	4
3	5	4	8	9	6	2	7	1
2	7	8	1	3	4	5	9	6
9	1	6	5	7	2	8	4	3
1	4	7	9	2	5	6	3	8
8	9	3	6	1	7	4	5	2
5	6	2	4	8	3	7	1	9

Weather

TODAY



MAX: 25°
MIN: 15°

FRIDAY



MAX: 27°
MIN: 17°

SATURDAY



MAX: 24°
MIN: 11°



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In a world where big business can often be cold and impersonal, Richard and Louise Wojcik still believe in family. That means at Wojcik's Funeral Chapel you are treated as family by staff who maintain a tradition of providing old fashioned and personalized funeral services.

They are one of the few family owned funeral chapels left in Winnipeg. "Most of Winnipeg's funeral homes are now owned by large corporations whose loyalties belong to their shareholders," explains Wojcik's President, Richard Wojcik. His vision is to offer families a better, more intimate alternative.

Wojcik who was born and raised in Beausejour, began his career in funeral service at the age of 12 – washing cars, cutting grass and answering phones. After graduation he undertook a two-year apprenticeship from the Western School of Mortuary Practice in Winnipeg.

He then spent the next 11 years employed in various funeral chapels honing his skills.

While in Beausejour, Wojcik was a Firefighter with the Beausejour Brokenhead Fire Department and also a member of the Beausejour Ambulance Service.

Throughout Wojcik's almost 30 years of dedication to his profession, he had been employed at a number of this province's well-known funeral establishments.

Beginning his career at Russell's Funeral Home and Sobering Funeral Chapel in Beausejour, Wojcik's Winnipeg experience has included both international corporations and privately owned funeral homes - all prior to opening his own business.

October 13, 1998 - Opened first Chapel at 2157 Portage Avenue @ Sharp Blvd

August 16, 2003 - Opened own Crematorium at Headingley, Manitoba

April 1, 2008 - Opened 2nd Chapel at 1020 Main Street @ Manitoba Avenue

"We offer assistance 24 hours a day, seven days a week," he says. "We provide a service for all faiths and any beliefs, at any place of worship and cemetery in Winnipeg and rural Manitoba."

Wojcik's encourages people to compare prices and services so they can make an informed decision. They usually find that the smaller, privately owned funeral chapels offer a more personal service at a better price. There is no cost or obligation associated with a consultation.

People should also be aware that they are not obliged to use the funeral chapel located in the cemetery they are using. They are free to choose the company they feel most comfortable with. Even prearranged funeral plans can be cancelled or transferred to the funeral chapel of their choice.

Wojcik's Licensed Funeral Directors are professional, honest and sincere. They are all paid by salary as opposed to commissioned sales people who are under pressure to make sales.

This kind of compassionate service is important when you think about all the decisions that have to be considered including arranging for a clergy, soloist, floral arrangements, catering, locations and the details of the service.

All this at a time when families are very emotional and are faced with making all the arrangements within just a few days.

"One call can take care of all the arrangements," says Wojcik. "Most people are not in a good frame of mind to be making so many difficult decisions. Our goal is to help them through the process and make it as easy as possible."

Wojcik suggests it can be helpful to bring someone along who is not as emotionally attached to the situation. Someone who can offer their support and guidance.

If you can, it is definitely a good idea to make your funeral arrangements ahead of time. It means you will get the kind of service you want and makes it much easier for your family because they don't have to struggle with the details at such a difficult time.

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Richard A. Wojcik, Louise, Rachel & Ryan